

## March is **Women's History Month** and **National Nutrition Month**

You can find the best resources by clicking the names above.

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### March 3 - Employee Appreciation Day

There's no better day to **announce a recognition program** than employee appreciation day! It will remind people to recognize their peers throughout the entire year.

### March 12 - Daylight Savings Time Begins

Enjoy that **extra hour of daylight** with an evening stroll through your neighborhood.

### March 14 - Pi Day

**Do a Pi Day workout!** Start with the number three and work your way through the digits of Pi. Example - 3 jumping jacks, 1 jump squat, 4 mountain climbers, 1 lunge, 5 push-ups, etc. Repeat when you no longer know any more digits.

### March 17 - St. Patrick's Day

Avoid being pinched and wear green today!

### March 20 - First Day of Spring

Now is the perfect time to **clean out and organize your cupboards and garage** before it gets too nice to be indoors!

### March 25 - Earth Hour

Take 60 minutes and do something positive for our planet, or **switch off your lights from 8:30 - 9:30 pm** to support Earth Hour. #BiggestHourForEarth

### March 30 - National Doctors' Day

Now is the chance to tell your doctor, "Thank you", "You saved my life!", "You've given me more moments with my loved ones."

# FOOD & DRINK

**What's in season?** Artichokes, broccoli, Brussels sprouts, cauliflower, leeks, lettuce, mushrooms, parsnips, pineapples, citrus, radishes, rutabagas, and turnips.

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*Post for 3/7, National Cereal Day* – Cereal can be a part of a well-balanced, fiber-rich start to your day. Just avoid varieties with added sugar and add some fruit for extra fiber.

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**Our must-have March smoothie is Strawberry Ginger!** Blend 2 pitted dates + 1 cup frozen strawberries + 1/2 cup plain yogurt + 1 Tbsp grated peeled ginger + 1/2 cup water. Enjoy!

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*Post for 3/9* - Do you love meatballs? **It's National Meatball Day!** You can easily make this [low-carb, gluten-free recipe](#) baked in the oven.

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Add some [Sprouted Lentils with Ginger and Coriander](#) to your Avocado Toast this morning and pack in some protein!

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It's Winter, it's Spring, it's Winter, it's Spring – **when the weather can't make up its mind**, make some warming [Spring Pea Soup!](#)

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*Post for 3/20* - **It's National Ravioli Day**, and we love the fusion of salad meets stuffed pasta in this [Greek Salad Ravioli](#) recipe.

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Cut those fish and chip calories in half and try this [Oven-fried Recipe](#) for St Patty's Day and Lent.

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**The bright flavors of citrus fruits are still in season.** Check out this [collection of recipes](#) that pop with flavor!

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Break out of your breakfast routine and [explore some healthy new possibilities this month.](#)



# LIFESTYLE

It's a fruitful time to **learn a new skill or commit to doing the things that make you happy**. Learn a new language, take a photography class, or finish a project you started months ago.

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*Post for 3/13* - It's National Napping Day. **Take a 10-30 minute power nap** and be more alert, boost your productivity, and produce a higher quality of work.

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Start preparing for your Easter festivities now with [these step-by-step instructions](#) on how to fold bunny-shaped napkins. So cute and easy!

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Spring arrives this month, and so does the threat of severe weather. Have a plan in place and **build your basic emergency kit now**.

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It's the perfect time to plan your summer garden and plant it when the weather finally allows. **Gardening is an excellent form of exercise and can reduce stress**.

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What's on your spring bucket list? A baseball game? Bird watching? Hiking a new trail?

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Don't wait! Read up on the [dangers of social media challenges](#), then chat with your child about the risks these viral videos pose to their health.

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Spring is here! Head outside and **do the activities you used to love as a kid!** Fly a kite, search for four-leaf clovers, or blow bubbles.

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*Post for 3/30* - **10 minutes of walking each day can help older adults maintain strength** and agility, and most local parks have options for people with varying levels of mobility.  
#NationalTakeAWalkInTheParkDay



# COMMUNITY

*Post for 3/3 - Today is **World Wildlife Day**.* Donate to or volunteer with a local or global conservation project, visit a national park or learn about our world's animal and plant life.

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Switch off for your world! Every year, hundreds of millions of people, famous landmarks, local businesses, and community groups worldwide participate in Earth Hour events and activities. Will you?

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*Post for 3/18 - Today is **Global Recycling Day**.* Here are [7 tips to help you recycle better](#).

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*Post for 3/21 - Celebrate National Agriculture Day* by touring a local farm. Or visit with your farm friends, neighbors, or family, and learn how they produce, sell, and market their food.

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For World Wildlife Day, consider adopting an animal from the [World Wildlife Organization](#). It's a gift that protects wildlife and the environment.

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*Post for 3/23 - It's **National Puppy Day!*** Consider adopting a friend to go on walks and hikes with you. Some health benefits of owning a pet are improved cardiorespiratory fitness and reduced risk of chronic diseases such as heart disease, stroke, cancer, and diabetes.

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*Post for 3/29 - Support your local businesses today as we recognize Mom and Pop Business Owners Day!* They are the lifeblood of our economy.

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*Post for 3/30, National Doctors Day - Consider donating to your local hospital in support of the vital work in research and innovative patient care your doctor performs. **Your gift can help another life!** #NationalDoctorsDay*



# HEALTH

**Here's what's on our list of healthy on-the-go snacks for March** - Almonds, Roasted Chickpeas, Oranges, Kiwis, Snap Peas, Carrot Sticks, Hard-boiled Eggs, Red Grapes, and a couple of pieces of Smoked Gouda.

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Set an attainable goal for yourself. Instead of, "I need to get into shape," try: "I will move my body more this month by walking four times a week and attending a fitness class"

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**Learn Irish Step dancing** - It's good for stamina and core strength, balance, posture, and coordination, as well as promoting flexibility and increased muscle strength.

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Did you know almonds are a good source of calcium? **One ounce of almonds contains around 80 milligrams**, about 8% of your daily recommended amount.

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Check out these tips for making [healthy food choices](#) to prevent chronic kidney disease.  
**#NationalKidneyMonth**

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Sometimes we find ourselves in a pinch, and our only option for food is fast food. Keep these three things in mind when placing your order - 1. **Aim for lean protein, veggies, and fiber.** 2. Avoid supersized or jumbo meals. 3. Try to keep your meal to 500 calories or less.

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Can drinking tart cherry juice before bed help you sleep better? [People on TikTok swear by it](#), but does it work? Find out!

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**Heading out for a pint on St Patrick's Day?** Find out if that [Guinness you're about to drink](#) is actually good for you.

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On a fitness roll but can't make it to the Y? Take 10 minutes and [work your glutes with this Kettlebell Workout](#).



# PARENTING

*Post for March 2 - **Today is Read Across America Day.** Read a chapter in your favorite book, or make some [fun bookmarks](#) for you and your friends.*

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*Post for March 4 - #NationalSonsDay “Sometimes when I need a miracle, I look into my son’s eyes and realize I’ve already created one.” ~ Unknown*

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**Travel Tip:** Seek out restaurants with booths. Kids relax more in them and just might even fall asleep, giving you a little break in the day.

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Did someone say “slime”? You hate it, but your kids love it! [Make this one for St Patrick’s Day.](#)

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We love these [oil suncatchers](#) that will brighten up any room this spring. Bonus! **They help build your kid’s motor skills and creativity.**

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Start on these early this month so that you can make every single one of these [super cute crafts](#) in preparation for the Easter bunny!

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**Your little leprechauns** will love making these [St Patrick’s Day crafts](#), and so will you!

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*Post for 3/12 - **Today is Plant a Flower Day.** It might be too cold to plant flowers, so make these [Origami Tulips](#) instead. Bonus, they’ll go perfectly with all your other Easter decorations!*

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**Scavenger hunts boost observation skills.** Have a St Patrick’s Day Hunt and have your kids find a leprechaun, horseshoe, top hat, gold coin, shamrock, a pot of gold, an Irish flag, a rainbow, and a green balloon.

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*Post for March 31 - Today is National Crayon Day. How many current colors of Crayola Crayons are there? **Answer:** 120*

# MEMBERSHIP

Enjoy Spring Break at the Y. **Our pool is oh-so inviting!** #fitness #YMCA #pool #swimming #springbreak

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Don't let those spring showers ruin your fitness goals. **Bring your workouts to the YMCA!** *(link to your website page with YMCA offerings)*

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Ask the nutritionist video. "What is a Pescatarian diet, and what are the health benefits?"

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**Who here has discovered the best earbuds for working out?**

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**Bust the Myth:** Advice from our experts at the Y - "Are longer workouts better for you?" *(Have your YMCA expert create a video answering this question.)*

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*Post idea for highlighting a trainer - "Stop in today and learn how to get back on track with your fitness. **Our trainers are always willing to help and offer advice!**"*

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Come on in for a great workout with some of the best instructors in town! *(link to your website page with YMCA class offerings)*

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Ask about our personal training sessions at the front desk and get started with the Y today!

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**Spring Challenge:** Energize and refocus! Add a new fitness class to your routine or change up your workout.

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Broaden your horizons and add a workout to your routine using a kettlebell or a free weight. Because **variety is the spice of life!**



# TRIVIA

March comes in like a lion and out like a lamb. The age of a lion can be determined by its?

**Answer:** Nose

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What type of fruit is a Kiwi?

**Answer:** A berry. Also known as a Chinese Gooseberry, Kiwis [are a nutritional powerhouse!](#)

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Which ancient building was constructed facing the direction where the sun rises on the first day of spring?

**Answer:** Great Sphinx

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Sea otters are members of which family?

**Answer:** Sea otters are members of the weasel family and are one of 13 species of otter.

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Which substance in the body was once believed to be nothing more than waste from oxygen-starved muscles but may be a "fuel" for high-intensity workouts?

**Answer:** Lactic Acid

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True or False? March and June finish on the same day of the week every year?

**Answer:** True

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What is a group of parrots called?

**Answer:** A pandemonium

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When was the phrase "March Madness" coined? A. 1979 B. 1981 C. 1982 D. 1986

**Answer:** 1982.

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Between 1982 - 1995, what two-time Academy Award-winning actress sold 17 million VHS copies in her "Workout" series?

**Answer:** Jane Fonda



# INSPIRATION

"Spring: a lovely reminder of how beautiful change can truly be." ~ Unknown

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**"May you have all the happiness and luck that life can hold — and at the end of your rainbows, may you find a pot of gold."**

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Get inspired with [3 hours of Irish Music](#). **Maybe you'll even do a little jig in your living room!**

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Wake up with determination. Go to bed with satisfaction. A workout at the Y can get you there.

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"In the spring, I have counted 136 different kinds of weather inside 24 hours." ~ Mark Twain

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**Set a goal that makes you want to jump out of bed in the morning!** #whatsyourgoal

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"Some old-fashioned things like fresh air and sunshine are hard to beat."  
~ Laura Ingalls Wilder

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**"Life is like riding a bicycle.** To keep your balance, you must keep moving." ~ Albert Einstein

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You don't have to go fast. You just have to go! #running #runner #runningmotivation

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"With the coming of spring, I am calm again." ~ Gustav Mahler

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"Don't let yesterday take up too much of today." ~ Will Rogers

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**"I'm a greater believer in luck, and I find the harder I work, the more I have of it."**  
~ Thomas Jefferson

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